

WEEK #1	Monday	Tuesday	Wednesday	Thursday	Friday
Select 2 of the 4 components:					
1. Milk (½ cup)					
2. Meat or Meat Alternate Meat, Poultry or Fish (½ oz.) or Alternate Protein Products (½ oz.) or Cheese (½ oz.) or Cottage Cheese (⅓ cup) or Egg (½ large) or Peanut Butter (1 Tbsp.) or Cooked Dried Beans and Peas (⅓ cup) or Yogurt (¼ cup)					
3. Juice or Fruit or Vegetable (½ cup)					
4. Grains/Breads* Bread (½ slice) or Cold Cereal (⅓ cup) or Enriched Pasta and Grains (¼ cup)					
Other foods (Do Not Count)					
WEEK #2	Monday	Tuesday	Wednesday	Thursday	Friday
Select 2 of the 4 components:					
1. Milk (½ cup)					
2. Meat or Meat Alternate Meat, Poultry or Fish (½ oz.) or Alternate Protein Products (½ oz.) or Cheese (½ oz.) or Cottage Cheese (⅓ cup) or Egg (½ large) or Peanut Butter (1 Tbsp.) or Cooked Dried Beans and Peas (⅓ cup) or Yogurt (¼ cup)					
3. Juice or Fruit or Vegetable (½ cup)					
4. Grains/Breads* Bread (½ slice) or Cold Cereal (⅓ cup) or Enriched Pasta and Grains (¼ cup)					
Other foods (Do Not Count)					

Note: The quantities of food specified are the minimum serving sizes for children ages 3-5. Quantities must be adjusted for other ages.

*See "Serving Sizes for Grains/Breads in the After-School Snack Program" for specific serving sizes.